



The Newsletter of David Lawrence Center CENTERED

CHILDREN'S SERVICES EXPANSION



DARCY TAYLOR, SCOTT BURGESS, MARY BETH GRIER, NANCY DAUPHINAIS, JIM WARNKEN



CHILDREN'S CRISIS UNIT EXPANSION



NEW CHILDREN'S OUTPATIENT SERVICES BUILDING



Message from the CEO *Scott Burgess*

Smiling construction workers! The workers on the site of our expanding Children's Crisis Stabilization Unit say they're excited to be part of our mission. One told me, "This is different from just putting up a building. We're helping change the lives of children."

We are deeply grateful to the extraordinarily generous supporters who funded the expansion. A \$100,000 matching grant from the Richard M. Schulze Family Foundation and major gifts from local philanthropists Jodi Bertholdt and Jerry Nichols fully covered the \$250,000 cost of doubling the capacity of our lifesaving unit for children in psychiatric crisis.

But our vulnerable children urgently need more services – and we are committed to providing them. That's why we're also constructing a brand-new building for children's outpatient services that will almost double the space of our current facility.

"By supporting our expansion, you can help more children turn sadness into hope and challenges into triumph."

– SCOTT BURGESS, CEO

The total unfunded cost to build and equip the new Children's Outpatient Center is approximately \$575,000. We need your help in raising this sum. For the sake of the hundreds of terribly young, struggling children and their frightened parents in our community whose lives will change and futures will brighten because they received services here, please consider a gift now.

For me, the children who come to our Crisis Unit inspire two emotions. One is sadness. I think of the 13-year-old girl battling severe depression. Or the boy of 17 who just suffered a first episode of psychosis. Sadness because the challenges they face are great.

Then there's the other, more dominant, emotion of hope. Hope, because they're receiving the best care possible here. Because we know our treatment works. Hope, because there really is recovery. That is the world we live in at DLC – balancing the emotions within us...sadness turned to hope, with the knowledge that we will help the youths in our care turn challenges into triumph!

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FOLLOW our construction progress!



**DAVID LAWRENCE CENTER
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MISSION

Restoring and rebuilding lives by providing compassionate, advanced and exceptional mental health, substance abuse and integrated healthcare solutions, available to all.

VISION

To lead the way in transformational care so every individual assisted can achieve what is possible.

David Lawrence Center is a not-for-profit, 501(c)(3) organization and is accredited by the Joint Commission on Accreditation of Healthcare Organizations. The Center is funded in part by the State of Florida Department of Children and Families (DCF) and the Department of Housing and Urban Development (HUD), Collier County Department of Housing, Human and Veteran Services, and private donations made through fundraising efforts.

SUCCESS STORY

A Young Woman Takes Back Her Life



By Alma Mejia

My name is Alma Mejia. I'm 17 and in my last year of high school. Growing up, I was a happy child. I always tried to see the positive side. I wanted to be a doctor or a lawyer.

But during my childhood, I went through a lot. I was bullied at school and by a family member. Since I called everyone at school my "friend," and I would say I was "just having problems with my friend," no one took my problems seriously. People I felt I could trust were part of the bullying, the abuse.

When I was 10, I was raped. I tried to tell people in my family. But I was afraid

"I no longer constantly have suicidal thoughts. Now my therapist and I talk about goals."

— ALMA MEJIA, DLC CLIENT

they'd say, "If you misbehave, we'll send you back to that person's house." Mom worked a lot and I was constantly at the babysitter's house. I never had a person I could look up to. Me and my younger sisters raised ourselves. So I kept the rape inside me. I became hateful, angry. I no longer really cared about the positive side. Everything was negative. Mom and I had huge arguments. Once she was yelling at me, "You have problems. You act like you were abused." So I let out about the rape. She got quiet, but gave me no comfort.

In middle school, it was the same thing. I was always angry. I was getting bullied. I was cutting myself a lot and always wore a jacket to hide my injuries.

In high school, I started making new friends with different perspectives on life. I tried to put on a positive face. But when I opened up to my friends, they didn't want to hear about the sad things that happened in my life. So I started distancing myself.

I tried to kill myself many times by drinking Clorox, cutting and hanging. The

first time I tried, I was in my first year of high school. I was overwhelmed and didn't feel I could talk to anyone. I ended up in the DLC Children's Crisis Unit. Back home, one day my mom started yelling at me. That triggered something inside me – the desire to try again. If my mom could talk down on me so bad, it seemed like it was just a normal thing that I tried to kill myself. No one seemed to care if I lived or died.

I was Baker Acted many more times to the Children's Crisis Unit for trying to harm myself. When I went home, things were changed for a moment, then everything went back to the way it was before. With anger and pain, I kept wondering, *Why do I have to take my life for people to listen to me?*

My last time, I stayed in the Crisis Unit for a month. I learned that I have bipolar disorder and depression. After leaving the Crisis Unit, I had treatment for three months in a residential program outside the county. Now I'm back home and much better. I continue to get a lot of support from DLC, like medication management with a psychiatrist, case management services and individual therapy.

A therapist from the Center comes to my home each week and we talk. I no longer constantly have suicidal thoughts. I don't even have to talk to my therapist about this; it's not there. Now we're talking about goals. I'm going to graduate high school in June of 2017 and I'm planning to go to college. As a career goal, I want to work with children who are disabled.

I'm still trying to understand my emotions, and practicing my coping skills. I'm on my medication now. My relationship with my mom is great. At the slightest little thing, she'll ask me, "What's wrong? Are you ok? Do you need anything?"

Here is my message for other children going through what I did: When you go to DLC, you may feel uncomfortable. You may think it's not going to work. But it really does. DLC will take the first step. You have to take the next step.

ISSUES & ANSWERS

About Battling Peer Pressure

How to Help Youth in the Face of Coercion



By Nancy Dauphinais,
DLC Chief Operating
Officer

A national research study demonstrated that kids who played a driving video game while their friends were watching took more than twice the number of risks compared to those playing the game alone. This outcome points to the well-known phenomenon of peer pressure.

Seeing others take risks and achieve goals can be part of a healthy "social learning process that spurs us on to greater growth. However, kids often give in to peer pressure because they want to be liked, to fit in, or they worry that other kids might make fun of them if they don't go along with the group. This kind of peer pressure can lead kids to engage in unhealthy and even dangerous behaviors.

"Peer pressure can lead kids to engage in unhealthy and even dangerous behaviors."

– NANCY DAUPHINAIS, DLC C.O.O.

The reality is that most students are offered drugs or alcohol by a peer before they graduate from high school. Using substances can impair kids' ability to make good decisions, and this can make them even more susceptible to peer pressure. This can lead to additional substance use, or other risky behaviors such as having unplanned sex or driving while under the influence.

To help the kids you care about make the best choices possible in the presence of peer pressure, consider the following tips:

- Build their self-confidence
- Talk to teens about your values and beliefs
- Get to know their friends
- Advise them to "choose their friends wisely." If they choose friends who don't use drugs, smoke cigarettes, skip class or lie to their parents, then they are less likely to do these things either
- Discuss the kinds of pressure they may experience before attending a party or social event and rehearse different ways to say no

- Develop a "bail-out" signal for times when it's hard to say no. Make sure you're accessible (or designate another responsible adult) so that you can remove them from a high-pressure situation
- Affirm and positively reinforce your teenagers when they make good choices
- Encourage teens to ask themselves these questions before making a decision:
 - What are all my options?
 - What are the pros and cons of my decision?
 - Who else will be affected by my decision?
 - Could this decision get me into trouble? What kind?
 - Is this the right thing to do or just the easiest thing to do?
 - Will this decision make me feel good about myself?
 - Will it make my family proud of me?
 - Will it put my personal goals in jeopardy?
 - What kind of example am I setting?

Whether their peers are cajoling your child to break your house rules or to entertain illegal and unhealthy risks, peer pressure is rampant for adolescents and teens. The best defense is having an open dialogue about how your child can resist the temptation and walk away with a stronger character.

If you need help talking to your kids about peer pressure, consider taking a free David Lawrence Center parenting class. For more information, call 239-263-4013.



FACT:

In 2011, average daily census of the Children's Crisis Stabilization Unit was less than two children; in fiscal year 2015, this climbed to almost four children per day. Currently, on many days, we experience well in excess of our four-bed capacity, necessitating the use of temporary beds or, as a last resort, transfers to other facilities. The expansion will bring bed capacity to eight, so we can meet our children's needs now and into the future.

David Lawrence Center SPECIAL EVENTS



RYAN AND TRISTA MEISTER, STEPHEN, ALANNA AND AMANDA JARON



SUE LENNANE, GEORGE ZUNDELL



ISABELLE BOWEN, JAKE BOWEN



BRUCE MCANDREWS, TJ MEISTER

Baseball Season KickOff

Thanks to our generous sponsor, Stonegate Bank, this August, our donors, employees, board members and their families were treated to a night at the ballpark and a kick-off to a great new fiscal year as the Fort Myers Miracle took on the Palm Beach Cardinals! To help get things started, CEO Scott Burgess got to throw the first pitch!

.....SAVE THE DATE.....

CHIP-IN FOR DLC GOLF TOURNAMENT OCTOBER 21, 2016

Join us for the Third Annual Chip-In for DLC Golf Tournament, to be held at the beautifully appointed Wyndemere Golf and Country Club. The lunch and registration begin at 11:30 am, tee-off is at 1:00 pm. The tournament will be played in an 18-hole scramble with four-person teams. Participants who enter as individuals will be placed on a team. Following the tournament, at 5:30 pm, will be a casual awards cocktail reception where spouses, guests and other non-golfers are welcome to join the festivities.

Individual players are \$250 per person; teams are \$1,000 per foursome; and awards cocktail reception tickets only are \$50 per person.



J MCLAUGHLIN SIP-AND-SHOP DECEMBER 2, 2016

J McLaughlin's at Venetian Village will once again give a 15 percent donation from their sales to DLC. Don't miss out on this great opportunity to peruse their classic, yet contemporary American sportswear and accessories while benefitting the DLC mission. Stop by from 1:00 - 5:00 pm and enjoy refreshments and shopping for a purpose while browsing their new line or fall sales.



MAGICAL MUSICAL TOUR – DANCING THROUGH THE DECADES ANNUAL GALA JANUARY 13, 2017

Shine up your dancing shoes for David Lawrence Center's 2017 Gala, to be held at The Ritz-Carlton, Naples Beach Resort. This signature event promises a

memorable evening of dining, dancing and fundraising in celebration of the Center's five decades of serving our community.

Gala Co-Chairs, **Jill and Michael Basden, Jackie Cronacher, Sheila Johnson, Linda Richards Malone, Vickie Nolen, Caroline Ridgway, Wynnell Schrenk, Robin and Pat Stranahan, Christine Williamson, Sue Lennane and George Zundell**, promise a fun evening with a world-famous fabulous band and live entertainment inspired by the 1960s through today. Whether you like swing, Motown, rock or disco, there will be something for everyone. The cost to



attend is \$550 per person or \$1,500 per patron. There are also a variety of sponsorship opportunities.



GALA CO-CHAIRS

For sponsorship or ticket information, visit DavidLawrenceCenter.org or call (239) 304-3505.

David Lawrence Center SPECIAL EVENTS



GLENN GRAHAM, SAMANTHA BRANDA, HANNA FOUTS,
AMY CARTER, RYAN CARTER



KRISTI PICKARD, PRISCYLLA OLIVA, TRACY DUHANEY,
BARBARA WOODCOCK, SCOTT WOODCOCK

Young Executives Sunset Cruise

Over the summer, more than 135 young professional advocates and friends boarded the Naples Princess in support of the DLC Young Executives Fifth Annual Sunset Cruise. The event raised nearly \$3,000, thanks to the generosity of our sponsors, Lutgert Insurance, Advocate Home Care, HBK CPAs & Consultants, Flexi International Software, Inc. and Tavern on the Bay, who hosted the after-party.



MATT GANZAK, SACHI CASTANEDA, ALEX DAANE,
CASEY POTTER, ALLISON DURIAN



SARA IANNACONE, STEVE IANNACONE,
ANDY BEIGHTS, AMANDA BEIGHTS



TYLER MCMACKIN,
JENNIFER LEETE



HONOREES



HONORABLE JANEICE MARTIN,
SHERIFF KEVIN RAMBOSK



KAREN BROCK, BLAKE BECKER

Recovery Month Awards Ceremony

In September, more than 300 guests joined us at the Annual Recovery Month Awards Ceremony where we honored **Polly Whiting, Leslie Weidenhammer, Walter Kopka, David Lawrence Center Young Executives and Terry Cox** for their outstanding contributions to the recovery community. A special in memoriam acknowledgement was also given on behalf of **Kathryn Leib-Hunter** for her life's work at NAMI. Sponsors, education partners, a small raffle and personal donations helped make the dinner free to attend. Special thanks to our benefactor sponsors – Hazelden Betty Ford, Sovereign Health, DLC Alumni Association, St. Matthew's House and Regions Bank.



DRUG FREE COLLIER CORE CLUB SKIT



THERESE AND BRIAN BENSON

HOLISTIC CARE

Exercise, Fitness and Inspiration Providing Profound Physical and Mental Benefits to DLC Clients



*By: Nino Magaddino,
Owner, Max Flex
Fitness*

Over the last year, through our amazing partnership with DLC, our trainers have been working with adults in the Crossroads residential substance abuse program, and children at the Crisis Stabilization Unit. We're surprising them with the very real, very deep physical and mental benefits of exercise and fitness training and motivating them with personal stories of perseverance.

These adults are not our usual demographic – people wanting to feel healthy, look good. They are just coming off drug or alcohol abuse, sobriety is new, their bodies are going through physical changes, and many are not happy. But when we encourage them, motivate

"We are surprising them with the very real, very deep physical and mental benefits of exercise and fitness and motivating them with personal stories of perseverance."

– NINO MAGADDINO, MAX FLEX FITNESS

them, get them moving around, get them sweating – at the end of the workout, they're beaming and smiling.

When we first started, some adults had anxiety, depression. Mood swings – one day happy, the next day, they want to be left alone. But after 30 days, we saw a huge difference in those who participated in classes regularly. They looked healthy, their personal hygiene looked better, they seemed happier, their mood swings weren't so extreme.

The children are dealing with low self-esteem, anger

issues, and histories of attempted suicide. When we started, we saw that some kids were a little introverted, some were hyper. As we worked with them, the focus and structure of exercise got them motivated and happier. We talk with them about how exercise and training can be an outlet for anger and anxiety. How it can help them develop a positive outlet and outlook. How exercise can make them more prone to make healthier choices, and want to be around more positive people.

I'm in recovery myself, for 15 years. I see a lot of myself in these children. They need some guidance, encouragement, direction. They're talented, unique children. They're looking for someone to say, like we do: "You can do this. You deserve this. You're special."

To help us deliver this message of hope and encouragement, we recently surprised the clients with a VIP coaching session, when we brought four NFL draft picks representing the Dallas Cowboys, Cincinnati Bengals and Buffalo Bills to train alongside, mentor and coach them. The star-struck kids were especially moved by the personal stories each player shared about what they had overcome in their own lives.

One nine-year-old child who had experienced a great deal of painful trauma, said, "It was the most awesome day of my life."

Outreach like this displays how an individual can achieve success no matter what their circumstances in life. The day proved to be a real treat. The players' presence and generosity inspired clients to want to work out harder and prove to the players that they could do it.

This awesome fitness collaboration with DLC is making a real difference in children's and adults' lives. We're showing them the importance of fitness, exercise, well-being. How training can play a role in turning their life around. Our coaches see each day as a blessing to be able to work to inspire these clients.



JASAND ROSS, ANDREW BILLINGS, JENNIFER DENIKE, JOHN CONNER, BRYSON ALLBRIGHT, ROLAN MILLIGAN, JOSH DEER, CLIF MARSHALL



ROLAN MILLIGAN



ANDREW BILLINGS, JENNIFER DENIKE



MAX FLEX FITNESS COACHING SESSION

We welcome donations of new or used fitness equipment, and contributions to fund fitness education and training sessions.

Call Darcy Taylor, Director of Constituent Relations, at 239-354-1419 for more information.

GRANT NEWS

State of Florida Funding Expands Collier County Veterans Treatment Court

Thanks to the advocacy efforts of Senator Garrett Richter and Representative Kathleen Passidomo, along with the approval of Governor Rick Scott, David Lawrence Center, in conjunction with the 20th Judicial Circuit Court, received a legislative appropriation of \$105,000 to formally establish and expand the Collier County Veterans Treatment Court.

According to the National Association of Drug Court professionals, "One in five veterans has symptoms of a mental health disorder or cognitive impairment. One in six veterans who served in Operation Enduring Freedom and Operation Iraqi Freedom suffers from a substance abuse

"Now our team is equipped to more effectively manage the needs of those veterans while also holding them accountable."

— HONORABLE JANEICE MARTIN, 20TH JUDICIAL CIRCUIT

issue. Research continues to draw a link between substance abuse and combat-related mental illness. Left untreated, mental health disorders common among veterans can directly lead to involvement in the criminal justice system."

Veterans Court is modeled after Drug Court, which began in Collier County in 1999, and Mental Health Court, which launched in Collier County in 2007. It is designed to coordinate mental health and substance abuse services for adults with former military service who suffer from a military-related mental illness, traumatic brain injury or substance abuse disorder and have been arrested for a criminal offense.



The goal of Veterans Court is to provide veterans with effective treatment and rehabilitation as well as alternatives to incarceration, so they will have the skills necessary to maintain a drug-and alcohol-free life, abide by the law, and establish positive and productive relationships with their families, their employers and their community. Any veteran with a history of military service, regardless of their discharge status, is eligible for evaluation for the program.

This new funding allowed for the addition of two new clinical staff who are both veterans to provide case management, outreach and peer mentoring support services. These team members will help identify appropriate candidates earlier – soon after arrest – and then provide them with more intensive support and supervision, a model proven highly effective in Mental Health Court.

Additional services provided by DLC include jail outreach and assessment services; case management; substance abuse and mental health treatment services, including drug and alcohol testing; rehabilitation guidance; and employment and housing assistance.

Through this structured court-based program which lasts an average of 12 months, participants attend court regularly where their progress in treatment is discussed with the entire team, including the judge. A participant's successful completion of the program and all probation terms may lead to reduction or even dismissal of their charges. Entry into the program is voluntary, but once accepted, compliance is required.

Honorable Janeice Martin, who presides over all three Collier County treatment courts, states, "The State Attorney's Office has done an excellent job of selecting and approving the really tough cases that need us the most."

The Veterans Treatment Court is a community-coordinated effort between David Lawrence Center, Office of the State Attorney, The 20th Judicial Circuit Court, Department of Corrections, Office of the Public Defender, the Collier County Sheriff's Office, the Veterans Administration and the Veterans Helping Veterans Volunteer Mentor Corps.



JUDGE JANEICE MARTIN, SERGEANT LESLIE WEIDENHAMMER, KATIE BURROWS, CARLOS RUIZ

DONOR NEWS

Meek Family Grant Extends Children's Arts for Health and Wellness Program



REINA LOMBARDI, NATHAN BRISTER, ABIGAIL PITTS, JULIANA MEEK, D'NAI BULLEN, LATEISHA BULLEN, ANGEL DUNCAN



CREATIVE EXPRESSIONS ART THERAPY CLASS AT HARMON MEEK | MODERN ART STUDIO



NATHAN BRISTER



ABIGAIL PITTS, LATEISHA BULLEN



LEAH TROMBLEY



MAHAYLIA KING

Save the date:
January 10, 2017
Harmon Meek Gallery
Visionaries of the Visual Arts Award & Benefit Dinner

The Meek family's passion for art, community and philanthropy have come together once again in support of at-risk children at David Lawrence Center. Through funds raised at their annual Visionaries of the Visual Arts Award and Benefit Dinner (to be held January 10, 2017), the family disperses proceeds to at-risk youth and children's art programs in Southwest Florida through the Harmon-Meek Gallery Fund at the Southwest Florida Community Foundation. The Meeks have recently awarded the Center another \$5,000 to support the sixth session of the Creative Expressions: Arts for Health and Wellness program used by the Children's Community Action Team. This brings the Meeks's total investment in the program to \$19,000.

The Meeks's continued support is no doubt a direct result of the transformational progress children are making in the program. Through art, the children have been able to open up about their personal life struggles. Painting and drawing their emotions has

"We are so proud of the program and the great work of the professional staff of DLC. We are grateful for the important role they play in helping improve the lives of these children and their families."

– KRISTINE MEEK, ASSISTANT DIRECTOR /
CO-OWNER OF HARMON-MEEK GALLERY

helped them relate to peers in the group who are going through similar struggles. They are able to describe their perception of what is depicted in the paintings in the gallery, and how it relates to the trauma and life stressors they are working through in therapy.

Eight-year-old Mahaylia, who had many Crisis Unit stays due to unsafe behaviors, and who was arrested for assault, has made profound progress. Before treatment, she was not participating in school or extracurricular activities, and was at risk for residential placement. Today, she is doing well in school, participates in gymnastics, has friends, and enjoys time with her family and her dogs. Mahaylia named one of the last pieces of art she created before being discharged, "X-Ray of a Butterfly." She explained, "They are beautiful inside and out – just like me."

Kristine Meek, Assistant Director /Co-owner of Harmon-Meek Gallery, stated, "When DLC asked us to support a program that benefits children in our community and utilizes the art exhibitions at galleries such as the Naples Art Association's von Liebig Art Center, our studio and The Baker Museum at Artis - Naples, it was a no-brainer for us. We feel very strongly that teaching children to express themselves through art can be an incredibly powerful coping skill." The program is leaving the kids and the parents begging for more, with some wishing the sessions were held every weekend. We are grateful for the Meeks's continued commitment to this extremely successful holistic program and to our mission.

LOCATION & CONTACT INFO



MAIN CAMPUS 6075 Bathey Lane, Naples, FL 34116 | Admissions/24-Hour Emergency Services | 239.455.8500

IMMOKALEE SATELLITE SERVICES 425 North First Street, Immokalee, FL 34142 | 239.657.4434

HORSESHOE DRIVE SATELLITE SERVICES 2806 South Horseshoe Drive, Naples, FL 34104 | 239.263.4013



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